



ACD (Advanced Coach Diploma)

A Tool to Challenge Your Coaching Philosophy

Luis Luebs

G.O.A.T. COACH

CHANGE YOUR HABITS CHANGE YOUR LIFE



Why do I coach?

Is your first WHY the same now?

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My Why

- Connect deeper with Canadian coaching language & culture.
- Learn outside the swimming bubble.

"If you only know your own discipline, you don't even know your own discipline."

Goethe



Coaching Association of Canada
Association canadienne des entraîneurs

Beyond a Diploma

- Leadership
- Sport Science
- Reflection
- Multisport Lens



The Change Project

- Engage athletes differently
- Teach tracking of progress
- Build accountability culture

Commitment Card



My ACD Journey

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From ACD to GOAT



Not everything fits...

IST - Is it just me?



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The ACD is not just a diploma - it's a tool to challenge your philosophy and review the purpose and tools you use.

Questions to Reflect

© **Ownership or compliance?**

© **Reinventing habits?**

© **What needs to change in YOU?**

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Thanks!

Your Challenge

Pick one habit. Test it. Track it. Reinvent it.

Questions?

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